

Filed for intro on 05/20/1999

HOUSE JOINT RESOLUTION 270
By Cole (Carter)

A RESOLUTION to honor Dr. J. Kelly Smith for his research on
exercise and heart disease.

WHEREAS, it is fitting that the elected representatives of the state of Tennessee
should pause to pay tribute to those exemplary citizens who have given unreservedly of
themselves, their time, and their talents to perpetuate the public good; and

WHEREAS, Dr. J. Kelly Smith is one such outstanding individual who is most assuredly
deserving of special recognition; and

WHEREAS, he is a voice of integrity in the medical community and has dedicated his
life to helping others enjoy good health; and

WHEREAS, Dr. Smith and his associates conducted a study that proved on a
molecular level that long-term exercise is negatively related to atherosclerosis (hardening of
the arteries), and their results were published in the *Journal of the American Medical
Association*; and

HJR0270

00709384

WHEREAS, according to his studies, Dr. Smith found that exercise altered the immune system in a favorable way; and

WHEREAS, research was done on 52 individuals who were chosen for being at risk for heart disease, but had not had a heart attack; and

WHEREAS, each participant selected their own exercise program and worked out for an average of 2.5 hours a week; and

WHEREAS, after six months of studying the participants, Dr. Smith found that the amount of harmful substances found in immune cells, called athrogenic cytokines, dropped a dramatic 58 percent, while the number of helpful substances found in immune cells, called atheroprotective cytokines, increased 36 percent; and

WHEREAS, Dr. Smith also discovered that the type and length of exercise directly corresponded to the amount of benefits received; and

WHEREAS, he also found that aerobic exercise, such as walking and running, was more beneficial for reducing heart disease than power or flexibility training; and

WHEREAS, Dr. Smith's findings were published in the May 12th edition of the *Journal of the American Medical Association*; and

WHEREAS, funding for the innovative research was generously provided by grants from the Ronald B. Cole Foundation, the Dishner Chair of Excellence in Medicine and Cardiovascular Research Institute of the James H. Quillen College of Medicine, and the Johnson City Medical Center; and

WHEREAS, Dr. J. Kelly Smith began his illustrious tenure at ETSU in 1979 and is a distinguished Professor of Internal Medicine and the esteemed Chairholder of the Paul Dishner Chair of Excellence in Medicine since 1993 at East Tennessee State University's James H. Quillen College of Medicine; and

WHEREAS, he serves with probity as the Chief of the Division of Immunology, in addition to rendering astute service as the Director of the Rondal B. Cole Research Laboratories in Immunophysiology; and

WHEREAS, Dr. Smith has brought a wealth of impressive experience to ETSU. After receiving his M.D. degree from the Cornell University College of Medicine, he rendered laudable service as the Chief Resident of Cornell University Medical Center and as an estimable National Institute of Allergy and Infectious Disease-supported post-doctoral research fellow; and

WHEREAS, Dr. Smith honed his fine research skills at the Walter Reed Army Institute of Research; and

WHEREAS, Dr. Smith has eloquently penned over 100 publications and has deservedly received a number of research and teaching awards, including the students' Outstanding Clinical Professor Award in 1987, the Faculty Member of the Year Award in 1991 from the College of Medicine, and the Laureate Award from the Tennessee Chapter of the American College of Physicians; and

WHEREAS, he is board-certified in internal medicine, infectious disease, allergy-immunology, and geriatric medicine; and

WHEREAS, Dr. Smith is a never-ending source of inspiration to those who know him, and he is tremendously admired by friends, associates, and students; and

WHEREAS, highly regarded as a professional and friend, Dr. J. Kelly Smith is the perfect example of a person totally committed to the highest ideals of the medical profession and should be specially recognized; now, therefore,

BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE ONE HUNDRED FIRST GENERAL ASSEMBLY OF THE STATE OF TENNESSEE, THE SENATE CONCURRING, That we hereby honor and commend Dr. J. Kelly Smith for his meritorious

service to the medical community, congratulate him on his recent publication in the *Journal of the American Medical Association*, and wish him continued success in all future endeavors.

BE IT FURTHER RESOLVED, That an appropriate copy of this resolution be prepared for presentation with this final clause omitted from such copy.